

Title: Developing self-directed learners through blended learning in Physical Education (PE).

Blended learning offers a good way to harness the best of traditional classrooms and online learning. However, many teachers would agree that this form of integrated learning requires intentional design for learners to experience greater autonomy and develop a higher degree of self-directedness in their learning and importantly the dispositions to learn for life.

With the intention to design blended learning experiences in PE that not only help learners enjoy improved outcomes but also become motivated individuals who take charge of their learning, my study adopted the Community of Inquiry (CoI) framework in conjunction with principles from the self-determination theory of motivation (SDT).

This presentation will examine the factors and conditions that teachers should consider when designing learning experiences so as to nurture learners to become responsible individuals who exhibit higher self-directedness in their learning. It will also discuss the findings from designing blended learning experiences using principles from the CoI framework and SDT.